

Kenmore Soccer News

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Kenmore/Tonawanda, New York

May 2021

Kenmore Soccer Operating Town Rec Program for 2021



With over 380 players registered, Kenmore Soccer is taking the lead in operating the Town of Tonawanda's Recreational soccer program for the spring.

Players from age 4 through 13 have joined in the program, which began on April 12th and continues through May. This year's program has been redesigned, with the first three weeks consisting of 6 sessions for each age group which are focused on skills and open small-sided play. That will be followed by 2 additional sessions at Brighton Arena where players will be split into teams for scrimmages.

The program will move outdoors to Kenney Field in May, where the teams will play games on weeknights and Saturday mornings on Field 1,2, 4, 5, and 6.

It's a massive undertaking, and our thanks to the Town, parents, players, and volunteer coaches for working with us to transform the way recreational soccer is being offered in our community.

Contacting Us

Web Site — www.kenmoresoccer.com

E-Mail — voght@msn.com

Telephone — 716-837-1627

Mail — 57 Greenleaf Avenue, Tonawanda, New York 14150

A Note of Thanks

There is a saying that "Nothing is as constant as change", and every season brings changes in team rosters and in coaches. Unfortunately, some of those changes mean saying good bye to players and coaches who have decided to move on or take a break. This season is no different.

We want to particularly thank Jeff Marion and Eric Kolber, two of our long-time coaches who are taking a break. Jeff and Eric worked together for many years with the Kenmore Sting, a team that wrapped up play with a series of friendly matches last summer when the state allowed youth sports to resume activity.

Both Jeff and Eric exhibit the best in coaching, combining teaching with being good role models for the boys. We hope to see both of them back coaching with us in the near future.

An Added Note of Thanks

Sean Pellow's name has been synonymous with the Kenmore "Spurs" team name for the past several seasons, as he has built strong teams in the 2007 and 2009 age groups and led them to higher levels of competition. Sean recently decided to step back from coaching the 2007 team, and has handed the reins to Nick De-Marsh.

Our profound thanks to Sean for the exceptional work he has done for the boys and our program.

Can You Help with Concessions?

Kenmore Soccer will be running the Concession Stand at Kenney Field this spring/summer. We are looking for older youth players who want to help with this. The 2021-2022 club fee will be waived for those helping operate the stand for a total of 25 hours. We will have two people per night, so you can partner up with someone if you want.

Interested players (or parents) should contact Ken Voght at voght@msn.com.

Kenmore Soccer Offers College Soccer Insights on May 1st Via Zoom at 7:00pm

Are you in high school and considering playing soccer at the collegiate level? Have questions? Want some insights?

If so, join us via Zoom on Saturday May 1st at 7:00pm where our staff will provide information on the process of finding the right college, as well as the recruiting process.

It will be an open discussion, allowing our youth participants and parents plenty of opportunity to ask questions.

Join via Zoom at <https://us02web.zoom.us/j/82161303412?pwd=VUpkOWE0WUhQeFRZMGhTV1RBbGJndz09>

Meeting ID: 821 6130 3412
Passcode: 793521

.....or directly at the link below

<https://us02web.zoom.us/j/82161303412?pwd=VUpkOWE0WUhQeFRZMGhTV1RBbGJndz09>

Minor Athlete and Parent SafeSport Training



United States Youth Soccer requires members to offer SafeSport training to youth participants and their parents. The U.S. Center for SafeSport offers this training free of charge to anyone.

This training is available without creating an account, but please note that parental consent is required for any minor athlete to complete the training.

[Link to Training](#)

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Kenmore Soccer Celtic FC Camp Scheduled
for July 19th-23rd

On-Line Registration Now Open



With the anticipation that "normalcy" may return by this summer, Kenmore Soccer is planning once again to welcome the staff of the Celtic FC Academy in Glasgow, Scotland to serve as instructors for our Summer Camp. The high level and professionalism they bring is unsurpassed in our area.

Camp will operate during the week of July 19th-23rd. We will have a half-day camp from 9:00-Noon each day, and a full-day camp from 9:00am-3:30pm each day. Both will be held at Kenney Field. Players born from 2004-2013 are eligible to participate.

Registration is now on-line through www.kenmoresoccer.com. When you log into your account you will click on the "new program available" icon, and then select the Celtic FC camp. Registration is \$185/camper for the full-day session and \$100 for the half-day camp.

In the event that the Celtic FC staff is unable to travel here, our camp will still operate using local staff at a reduced cost, and registrants will receive refunds of the difference as we did in 2020.

The Celtic FC camp is just one of the many benefits that Kenmore Soccer receives through our partnership with Celtic FC, the fourth largest soccer club in the world. Other benefits are team trips to their Academy in Scotland, their annual Elite Camp in Albany for higher-level players, access to their extensive coaching curriculum, and monthly Internet coaching sessions with their staff.

Sign up for the most outstanding soccer experience offered in this area. We look forward to another exciting summer camp.

How the Mental Game Helps Elite Athletes and Others

by Patrick Cohn

Using Mindset to Get to The Next Level

Some young athletes define themselves by their limitations, saying *"I'm shorter than most basketball players," "I'm not as fast as other players on the soccer field,"* or *"I don't have enough speed on my fastball to play college baseball."*

When young athletes focus on limitations or weaknesses, they undermine their practice and performance. Size, ability and strength are valuable attributes but are not the game-changing factors that make athletes elite.

For example, undersized NFL wide receivers have been inducted into the Hall of Fame. Many tennis players have great careers even though they don't have overpowering strokes. Athletes have made names for themselves by out-hustling other competitors.

Work is what differentiates elite athletes from others.

That's not just about working hard in practice. It's also about preparation—which includes diet, flexibility and strength training. And just as important, it's about mental work, which involves confidence building, boosting focus and managing stress.

When athletes invest in the mental work, they learn technical skills faster and are better able to replicate those skills under the pressure of competition. They maximize their abilities and reach more of their potential. They perform more consistently and at a higher level.

Investing in the mental side of sports also helps kids meet the demands of competing at high levels. But too often, athletes, coaches and parents neglect the mental side of sports, even though mental skills contribute most to optimal performance.

Adding mental skill training can boost young athletes' performance to new levels and help them achieve their potential.

Canadian basketball player Natalie Achonwa is motivated to help Canada win its first ever Olympic medal. Achonwa will be competing in her third Olympic Games and is doing everything she can to prepare and help Canada reach the podium at the 2021 Tokyo Olympics.

In spite of the adversity brought about by the pandemic, Canada has found methods to build team unity and prepare in every way possible.

"We did a virtual training camp where we spent about two hours a day on a Zoom call doing everything from team building to mental training with our sports psych, to tactical stuff, watching film, breaking down film. It was a tactical week via Zoom," said Achonwa.

The Canada Olympic basketball team is putting in the work, fully preparing mentally, tactically and physically. Team Canada is taking advantage of every opportunity, in spite of obstacles.

Young athletes could accomplish much more if they, too, committed more to mental training. The challenge is finding the time and helping busy athletes buy into the importance.

To work on the mental game, kids, with their coaches, should create a seasonal plan for their mental training. Young athletes need to think about which mental skills will benefit them most. How will they develop these skills? Where will they participate in mental training? Which resources will they utilize to improve their mental game?

Once the physical training is complete and it's time to compete, athletes' mental work pays off.

Even if kids aren't playing sports right now due to COVID-19, they can work on their mental skills. This will take them to a new level of performance.

Reminders

- ⇒ If you need to be fitted for a Macron uniform kit, please contact Ken Voght via e-mail at voght@msn.com. If you have been fitted, but have not placed your order as of yet, use the e-mail link that was issued following player fittings. Everything is done on-line, and shipping is direct to you.
- ⇒ Follow the on-line team schedules for training, but remember that your coach may make late changes that may not be reflected in the on-line schedule.
- ⇒ We offer Goalkeeping, Junior Academy, and Advanced Academy programs, which are at no additional cost to our travel players. We encourage you to take advantage of these added opportunities. Schedules are linked through the Teams and Schedules page of the club web site.

Trivia Question

(answer on page 8)

Manchester United, under Sir Alex Ferguson as their manager, scored many game-winning goals in added time, which became known as "Fergie Time." However, what English Premier League team has the record for most game winning goals scored in the 90th minute or later in a game?

Goalkeepers Wanted.....Specialized Training Continues

Kenmore Soccer is looking for individuals who are current goalkeepers looking for a change, or for players interested in becoming a goalkeeper. We offer specialized training and playing opportunities, and all you need is a desire to play the position and a willingness to work hard (and a set of gloves!).

Our Goalkeeping Academy will be moving outdoors on Wednesdays at Longfellow School with our Goalkeeping Coach Giovanni Cambareri. There is no added cost for these sessions, or for any of our Academy sessions for players.

We have spots in many age groups, so if you are interested, or know someone who may be interested, please let us know - e-mail at voght@msn.com, or telephone Operations Manager Ken Voght at 837-1627.

Kenmore Soccer is in the Social Media World

Kenmore Soccer has joined the social media experience by creating sites within Instagram, Twitter, and Facebook. Links to the all of the platforms are on the left hand side of our web site landing page.

Teams (or parents for that matter), can post information on these sites by following these instructions:

Instagram:

If someone posts a picture to their account and wants to tag Kenmore Soccer or include us in a comment, tag our account by using @kenmoresoccerclub

Twitter:

Anyone can tweet to the Kenmore Soccer page or include us in a post by tagging us using @KenmoreSoccer

Facebook:

Anyone can post to the wall on the Kenmore page, write a comment on posts, or post a picture/video to the page.

If someone wants to tag Kenmore Soccer Club in a post or picture, they need to type @kenmoresoccerclub

All other photos/videos can be sent to kenmoresoccerclub@gmail.com.

We have a number of followers on these sites, and you might notice that it includes Celtic FC who has posted information. There are also photos from the Buffalo State Futsal Tournaments, featuring a number of our Kenmore Soccer teams. Most importantly, we have uploaded video of several individual training sessions.

Join in by following Kenmore Soccer, and by submitting information to post and share with the world!

Submissions Anyone ??????????????

We want this to be your newsletter. We also want you to be a part of the Club web site. So, we are looking for your ongoing input—articles, pictures, match highlights, team and player recognition, etc. Each team should consider having a designee that can channel information to the Club for inclusion in the newsletter or web site.

Send your submissions to us at doc@kenmoresoccer.com. Pictures are welcome, but should be in a jpg or gif format.

Answer to Trivia Question
(from page 6)

Liverpool has scored the game-winning goal in the 90th minute or later in 37 games, which is the record for the English Premier League. It has occurred 12 more times than any other team.



HomeLight



2375 Elmwood Avenue
in Kenmore

Fund Raising

The Kenmore Soccer Club is registered to conduct fund-raising, as is required by law, but each activity needs to be approved by our Board of Directors.

If your team wants to conduct any fund-raising, just e-mail us at doc@kenmoresoccer.com with the details of what you propose, and the eventual use of the funds raised. We will get back to you promptly.